

## Claims:

1. A glider exercise machine comprising:  
a frame;  
a foot platform;  
a link coupled between a pivot on said frame and a pivot on said foot platform for  
5 swingably supporting said foot platform from said frame; and  
a spring in said link for absorbing shock.
2. The exercise machine of claim 1, wherein said spring is a tension spring and  
further including;  
a spring cage, for limiting displacement of said tension spring, coupled to one of  
said pivots; and  
5 said tension spring being coupled to the other of said pivots.
3. The exercise machine of claim 2, wherein said spring cage includes a resilient  
stop for cushioning displacement of said tension spring.
4. The exercise machine of claim 3, wherein said resilient stop comprises a  
compression spring.
5. The exercise machine of claim 4, wherein said link comprises a cable and  
wherein said resilient stop includes an orifice through which said cable freely passes.
6. The exercise machine of claim 5, further including an intermediate member  
coupling said tension spring to said cable; and a washer for cushioning impact between said  
intermediate member and said compression spring.

7. The exercise machine of claim 6, wherein said spring cage is coupled to said pivot on said frame and said tension spring is coupled to said pivot on said foot platform.

8. The exercise machine of claim 7, further including a cover over said spring cage, said tension spring and said compression spring.

9. A glider exercise machine comprising:

a frame having rear pivots;

a pair of foot platforms having heel end pivots;

a pair of links coupled between said rear pivots and said heel end pivots for

5 swingably supporting said pair of foot platforms from said frame; each of said links including:

a tension spring;

a spring cage, for limiting displacement of said tension spring, coupled to said rear pivot;

a resilient stop, including a compression spring, for cushioning displacement of said

10 tension spring; and

said tension spring being coupled between said spring cage and said heel end pivot.

10. The exercise machine of claim 9, wherein each said link comprises a cable and wherein said resilient stop includes an orifice through which said cable freely passes.

11. The exercise machine of claim 10, further including an intermediate member coupling said tension spring to said cable; and a washer for cushioning the impact between said intermediate member and said compression spring.

12. The exercise machine of claim 11, further including a protective shield over said spring cage, said tension spring and said compression spring.